



Massachusetts Department of Conservation and Recreation

Free Swimming Lessons

Connell Memorial Swimming Pool

220 Broad Street
Weymouth, MA 02188



Winter I Session January 19th - March 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 10:00am			Adult Fitness			
10:00 - 10:30am			Parent & Child			
10:30 - 11:00am			Preschool Level 2			
11:00 - 11:30am			Adult			
6:30 - 7:00pm		Level 2		Level 1		
7:00 - 7:30pm		Level 3		Level 3		
7:30 - 8:00pm		Adult Beginner				

Winter II Session February 27th - April 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 10:00am					Adult Fitness	
10:00 - 10:30am					Preschool Level 1	Preschool Level 2
10:30 - 11:00am						Level 3
11:00 - 11:30am						Level 2
11:30 - 12:00pm						Level 1
6:30 - 7:00pm					Parent & Child	
7:00 - 7:30pm					Teen	

Level 1: Helps participants feel comfortable in the water and enjoy the water safely.

Level 2: Builds on skills learned in level 1; fundamentals, such as floating and locomotion.

Level 3: Builds on skills learned in level 2; additional techniques to improve coordination.

(For full course description; please review skills chart at www.larpd.org/aquatics/ARCSwimLevelsChart.pdf)

Thank you for your interest and support of DCR's Learn to Swim Program.
Please call or email to register. Space is limited, please be sure to register early.

Please Contact: Renee Stearns, DCR Learn to Swim Coordinator
617-945-6528 or Renee.Stearns@massmail.state.ma.us